By: Raijene Dreuitt

Figure : "Anorexia | Dr Carlos Augusto – Centro Diagnósticos." *Dr Carlos Augusto Centro Diagnsticos RSS*. N.p., n.d. Web. 26 Mar. 2013.

**Anorexia vs. Bulimia**

# Eating disorders are a huge epidemic in the media lately. Two very common types of eating disorders are Anorexia Nervosa and Bulimia Nervosa. Even though the two diseases differ in many ways, they both are very dangerous, and have become prevalent in today’s generation.

**What is Anorexia Nervosa?**

Anorexia Nervosa, also known as Anorexia, is linked to one’s psychological belief that one is too fat.[[1]](#footnote-1) However, in actuality the person with the illness is nowhere near fat; in fact they are dangerously thin. Victims of anorexia not only escape from the consumption of food but they avoid keeping a healthy weight. The main issue is the victim’s fear of gaining weight.

There are many symptoms associated with anorexia. These symptoms include: weighing less than 85% of your expected body weight, obsessive exercising, avoiding conversations about foods, hair loss, dry skin, and brittle nails, breast reduction, preventing menstrual period, and a cold body sensation[[2]](#footnote-2). Assessments for the illness normally start with identifying these symptoms; however there are some people who are victims of the disease without the association to these customs.

Unfortunately a recovery from anorexia may be a difficult one. For some people it is easier than others. There are cases where victims start to recover, but sadly they reject it and go through relapse. Other cases show anorexia victims who become bulimic, and pick up other unhealthily eating habits.[[3]](#footnote-3) Anorexia victims have a long road to recovery, but it is very well worth it. Starvation is often a component of the illness and if not handled quickly it could end in death.

In past years anorexia was a disease that was stereotyped to young wealthy Caucasian girls. Nonetheless in today’s generation the disease has been affecting young males and females in a variety of cultures. The disease is becoming more prevalent and it is becoming a part of our everyday lives.

**What is Bulimia Nervosa?**

Bulimia Nervosa better known as bulimia is typically associated with binge eating.[[4]](#footnote-4) Binge eating is uncontrollably consuming large portions of foods. Even though a victim of bulimia may binge eat, they still fear weight gain. Victims then pick up unhealthy psychological habits to maintain their sizes and weights. These habits include: vomiting, use of laxatives, weight loss medicines, fasting and obsessive exercising.

Symptoms related to the illness are: Alternating between overeating and fasting, calluses or scars on the knuckles or hands, puffy “chipmunk” cheeks, discolored teeth, and frequent fluctuations in weight.[[5]](#footnote-5) Bulimia is very hazardous because when victims make themselves vomit they lose potassium, chloride, and sodium. The loss of those bodily essentials causes weakness, tiredness, constipation and even depression. Not only does the disease affect a person’s physical features, but victims also become extremely concerned with their body image. Victims assume they are fat and obsess over becoming skinny, developing extremely damaging feelings about themselves.

Recovery from this disease takes a long hard process. Some victims can’t stop the binge eating even after many attempts at it. Victims must try to keep themselves away from any temptation when trying to recovery from this disorder. Although the recovery may take years, it is very much worth it. Bulimia is like any addiction. If not taking care of, it can become deadly.

It has been said that bulimia is even more prevalent that anorexia. It is even becoming a concern for the young males of this generation. Once a person is a victim of this illness one has no self-control and is in need to medical treatment. Bulimia, like anorexia is a psychological illness that has a long recovery. This disease is on the rise and becoming a major concern to our society.

1. Kalodner, Cynthia R. *Too Fat or Too Thin?: A Reference Guide to Eating Disorders*. Westport, CT: Greenwood, 2003. Print. [↑](#footnote-ref-1)
2. "Anorexia Nervosa-Symptoms." *WebMD*. WebMD, 30 Dec. -0001. Web. 26 Mar. 2013. [↑](#footnote-ref-2)
3. Kalodner, Cynthia R. *Too Fat or Too Thin?: A Reference Guide to Eating Disorders*. Westport, CT: Greenwood, 2003. Print. [↑](#footnote-ref-3)
4. Kalodner, Cynthia R. *Too Fat or Too Thin?: A Reference Guide to Eating Disorders*. Westport, CT: Greenwood, 2003. Print. [↑](#footnote-ref-4)
5. Smith, Melinda, and Jeanne Segal, Dr. "Bulimia Nervosa." *: Signs, Symptoms, Treatment, and Help*. N.p., Nov. 2012. Web. 27 Mar. 2013. [↑](#footnote-ref-5)